



News and Views

VOLUME 52 ISSUE 10

OCT 2026

ANNUAL DUES

\$25.00 FOR ONE

OR \$45 FOR TWO

SAVVY SENIOR TECHNOLOGY SEMINAR



Having issues with your Cell Phone or Laptop? Write them down in our sign up sheet and join our Savvy Senior Seminar to get tips, tricks and questions answered!

Date: October 8th.

Time: 9:30am-10:30am.



Hosted by Abigail Moore
from Compass Care Pro.

SUCCESSFUL 2026 ANNUAL RESOURCE FAIR



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The purpose of this association is to promote fellowship, health, recreation, social and educational activities for persons fifty years of age and older, regardless of race, color, creed, religion, sex, national origin or ancestry.

PRESIDENT'S CORNER

October: New Adventures



Dear Members:

October brings cooler mornings, changing leaves, and plenty of reasons to get out and enjoy the Senior Center. I would like to reflect on September for a moment and thank everyone who attended our Resource Fair in CenterPlace on September 14. It was a resounding success with over 200 people attending and great feedback received from all our awesome vendors. It is hard to believe, but next year will be **FIVE** years since we kicked off this event. It's not too early to "Save the Date" - September 13, 2027!!!

Whether you're looking to learn something new, clear out a few things at home, make some travel plans, or simply spend time with friends, we have a full month ahead.

October 1 – *AARP Defensive Driving Class* – a refresher in safe driving is always a good investment. Plus, as an extra bonus in Washington State, your car insurance company is required to give you a discount on your car insurance.

October 8 – *Savvy Senior Technology Seminar* – bring your questions and learn some tips that can make everyday use of your cell phone and laptop work better for you.

October 15 – *Fall Arts and Crafts Swap Meet* – your chance to pass along items you're no longer using and perhaps find something that inspires your next project.

October 15 – *Collette Travel Series* – there's something exciting about hearing about a new destination and imagining yourself there. This month Toni and Heather (Collette) will be discussing Machu Pichu; Japan and Christmas in Bavaria.

We're also adding a monthly casino trip to the Coeur d'Alene casino to the schedule, joining the monthly casino trip we already have in place to Northern Qwest. Casino trips are always a good excuse to get out of the house!! The first trip to Coeur d'Alene is on October 5 and you can sign up at the front desk.

October is a good month to get involved. As the days get shorter, it's easy to fall into a routine of staying home. But getting out, trying something different, learning something new, and spending time with other people can make a real difference in how we experience this season. You don't have to come to everything – pick one that catches your attention. You might be surprised at how much a simple outing can brighten your day.

Looking ahead to November, our annual meeting will be held on November 5 in the Arts and Crafts room at 11:00. It is also a time to elect members to the Board of Directors. This year we have two openings on the Board. If you are interested, please submit a short bio to showcase in the November newsletter. You will also be invited to attend the annual meeting and introduce yourself to the members. Voting will take place the week following the annual meeting.

As the days grow shorter and the leaves begin to change, it's a wonderful time to stay connected and enjoy the people and activities here at the Center that make our community so special. We look forward to seeing you, sharing some laughs and enjoying October together. See you at the Center!!!



More to come...Donnah

AARP SMART DRIVER

Registration Price
\$20 per AARP Member \$25 for Non-Members
Payment is due upon registration all materials included.

Check with your insurance company if AARP SMART DRIVING qualifies you for an Auto Insurance Discount!



Class Starts
OCTOBER 1st
Room 235.

8:00am-4:00pm with a
half hour break.

Last day to
register
September 17th.

Sign up at the Senior Center Front Desk!

time to
Travel

Collette Travel Seminar
Machu Pichu, Japan, and
Christmas in Bavaria.

10:00pm-12:00pm RM 235
Thursday October 15th



THUR, OCT 1st
Board Meeting
10:00 AM in the Library
Library **closed**
during the meeting.

SENIOR MEALS
MON-FRI 11:00-12:30
Suggested
Contribution \$5.00
Fireside Lounge

Articles
Due **TUE, OCT**
20th for **NOV**
Newsletter

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**FALL ARTS & CRAFTS
SWAP MEET
THURSDAY OCTOBER 15,
ART ROOM, 1-3PM**



The holiday decorating and gift giving days are almost upon us, so now is the time to refresh your art and craft supplies. Trade your gently used items for new inspirational materials for your crafts or hobbies. This is a no cash event, so come have fun and anticipate the joys of the season. We appreciate your participation. Those items not reclaimed at the end of the session will be donated.

SILENT AUCTION IS COMING!

Plan now to participate in one of our most anticipated events, the Silent Auction.

It will be held the weeks of November 9-20 in the Art Room. Wrapped baskets and single items will be accepted beginning Monday November 9. Bidding will take place through Thursday November 19, at which time winners be notified. Baskets may be paid for and picked up on Friday November 20. More information will be made available in the coming weeks.

This is a spirited and joyous event which showcases the many talents of our members. We are always excited to see the creativity and generosity expressed and appreciate your enthusiasm and participation. It's never too soon to think about the holidays.

**Senior Center
Annual Meeting**

THURSDAY, NOVEMBER 5TH



**Arts and Crafts Room
11:00am - 12:00pm**

Stay informed,
share your
thoughts, and
connect with your
Board Members.

VOTE

**2 New Board Member
Positions Open - Voting
Opens November 9th.**



Hello, my name is Linda Burr. I have been a Board Member for several years and have enjoyed serving the Senior Center in various projects and positions.

My term ends this year and I would appreciate your vote for continuing my Board service.

Thank you, Linda



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED FISH W/TARTAR SAUCE W/rice pilaf, coleslaw, mandarin oranges	2 VEGETARIAN LENTIL STEW W/cornbread, steamed broccoli florets, pear slices
5 CHICKEN PICATTA W/pasta, steamed zucchini, banana slices	6 TURKEY SALAD WRAP W/flour tortilla, three bean salad, orange slices	7 CREAMY TUNA NOODLE CASSEROLE W/peas & mushrooms, diced cantaloupe	8 SLOW-ROASTED PORK LOIN W/bread stuffing, low sodium-gravy, carrots, cranberry sauce	9 CHICKEN SALAD ON GREENS W/garlic breadstick, pickled beet salad, applesauce
12 TURKEY CHILI W/cornbread, steamed broccoli florets, orange slices	13 SALMON BURGER W/HONEY LEMON GARLIC GLAZE W/bun, baked potato wedges, banana slices	14 CHICKEN ENCHILADAS W/spanish rice, corn, peach slices	15 BAKED POLLOCK FISH W/lemon brown rice, butternut squash, apple slices	16 CHICKEN PARMESAN W/spaghetti, low-sodium marinara, broccoli, banana slices
19 BAKED FISH STICKS W/baked beans, cinnamon apple slices	20 BEEF STEW W/peas&carrots, biscuit, oranges	21 TURKEY MEATBALLS IN GRAVY W/mashed potatoes, green beans, diced honeydew	22 SWISS STEAK W/tomato-onion gravy, potatoes & turnips, dinner roll	23 BBQ PULLED PORK SANDWICH W/macaroni salad, baked beans, fruit cup
26 CHICKEN POT PIE STEW W/biscuit, carrots, peas, potatoes, diced cantaloupe	27 BAKED TILAPIA W/garlic rice, steamed zucchini, cinnamon apple slices	28 WLICED HAM & SWISS SANDWICH W/steamed baby carrots, banana slices	29 CHICKEN ALFREDO W/penne, broccoli florets, orange slices	30 HEARTY BLACK BEAN CHICKEN CHILI W/cornbread, broccoli florets, mandarin oranges

If you have any questions, please call our office at 509-924-6976. Meals on Wheels Greater Spokane County is not responsible for food allergies or other dietary requirements. Meal recipients are responsible for monitoring their own dietary requirements. The menu is subject to change.

Partial Funding Provided By: 

Congratulations Cribbage Winners

08-25-26 was Lita Perkins

09-14-26 was R. J. MacGillivray

09-08-26 was Rich Pearson

98-15-26 was Bill Allen

For info call: Rich Pearson 509-924-7759

Pre-registration required through ACT 2

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
ACT 2 Pilates	9:50am – 10:50am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
Tuesday				
Strength & Stability for Better Balance	11:00am – 12:00pm Oct. 06 – Nov. 19	Art Room	ACT 2	509-533-8500
Wednesday				
ACT 2 Pilates	9:50am – 10:50am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
Open Art: Mixed Media	Sept. 23 – Nov. 18 9:00am – 11:45am	Art Room	ACT 2	509-533-8500
Thursday				
Tai Chi	Sept. 24 – Dec. 03 9:00am – 11:45am	Art Room	ACT 2	509-533-8500
Strength & Stability for Better Balance	11:00am – 12:00pm Oct. 06 – Nov. 19	Art Room	ACT 2	509-533-8500
Friday				

Updated: 10/01/26

ACT 2 Front Desk Number: 509-533-7181



Spokane Valley Senior Center Activity Schedule

Current Hours: 9:00 am – 3:30 pm, Monday – Friday

2426 N Discovery Pl, Spokane Valley, WA 99216 Front Desk: (509)-926-1937

10/01/26

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Quilting	9:00am – 3:30pm	Art Room	Donna Knudsen	509-808-9308
Wii Bowling	9:30am – 12:00pm	RM 235	Ron Thurlow	509-279-4041
Pinochle DD	9:00am – 3:30pm	Art Room	De Bristol	509-710-0118
Mahjongg	11:00am – 3:00pm	Library/ RM 227	Ann Christensen	509-475-3936
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Knitting & Crochet	1:00pm – 3:30pm	Lounge	Glendle Reeve	509-924-8102
Dollhouse Miniatures	12:30pm – 3:30pm	RM 235	Vicki Collyer	208-667-7553
Tuesday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Cribbage	9:00am – 12:00pm	RM 235	Rich Pearson	509-924-7759
Wood Carving	12:00pm – 3:00pm	Art Room	Jerry Christianson	509-443-6970
Open Studio Painting	12:00pm – 3:00pm	Art Room	Patti Victorson	408-829-4033
Book Club	1:00pm – 3:00pm (3 rd Tues ONLY)	Library	Lorna Van Lankeren	509-921-5875
Bingo	1:30pm - 3:30pm	Lounge	Cindy Bacon	509-926-6676
Northern Quest Casino	10:00am – 2:00pm (3 rd Only)	Lobby Bus Pickup	Diana Jessee	509-928-6217
Wednesday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Bridge Party	10:00am – 3:30pm	RM 235	Dave Locklin	509-990-5799
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Caregiver Support	10:00am – 12:00pm (1 st 2 nd & 3 rd)	Library	Suzanne Griner	509-863-1933
Scrabble Group	12:00pm – 3:30pm	RM 227	Larry Carroll	509-534-3966
Walking Group	10:00am – 11:00am	Lobby	Sue Rector	509-899-8051
Pinochle	12:00pm – 3:15pm	Art Room	Ann Christensen	509-475-3936
Line Dance Beginners	1:30pm – 3:30pm	Dance Floor	Mary Everett	509-710-4076
Thursday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Bridge Tournament	10:00am – 3:00pm (2 nd & 4 th ONLY)	Dance Floor	Linda Schwartz	208-661-4331
Advanced Canasta	10:30am – 2:00pm	RM 227	Mady Mercz	509-919-7925
Red Hat Ladies	12:00pm – 2:00pm (3 rd ONLY)	RM 235	Gay LeBret	509-879-2791
Chess	12:30 – 3:00pm	Art Room	Scott MacDonald	509-995-6853
Cross Stitching	12:00pm - 3:00pm (1 st ONLY)	Art Room	Chris Baldini	509-993-8971
Friday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Quilting	9:00am – 12:00pm (2 nd & 4 th ONLY)	Art Room	Kim Soger	661-733-5611
Mahjongg	12:00pm – 3:00pm	RM 227/Library	Ann Christensen	509-475-3936
Pinochle DD	9:00am – 3:30pm	Art Room	De Bristol	509-710-0118
Duplicate Bridge	9:45am - 2:30pm	RM 235/Library	Bob Numata	509-924-6449
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Mexican Train	12:30pm – 3:30pm	Art Room	Dee Baer	503-367-5431
International Folkdance	1:30pm – 3:00pm	Dance Floor	Gigi Jensen	510-326-6415



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2426 N DISCOVERY PLACE (CENTERPLACE)
SPOKANE VALLEY, WA 99216-5055**

CHECK OUT OUR WEBSITE:
spokanevalleyseniorcenter.org

CONTACT US AT our Email:
svsca2005@yahoo.com or
Leave a message : **509-926-1937**

To submit articles for the
newsletter, place in the
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BOOK CLUB
3RD TUES, 1 - 3 PM

TOPIC:

OCT 20: Non Fiction
NOV 17: Cookbooks/Food
DEC 15: National Parks

Come join the FUN!
Share your own book or just listen.

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